

**Kick-off**

The short film for this “wellbeing” Toolbox Talk can be accessed at:

<https://www.youtube.com/watch?v=x6zYDCTttU0>

**Discussion**

**Question 1 to group:** What types of behaviours and issues are illustrated in the film?

The behaviours that the group might identify might include:

- Eating properly
- Eating badly
- Dealing with mental illness
- Dealing with depression
- Danger of not getting enough sleep

**Question 2 to group:** What point is the film making?

**KEY MESSAGE 1:** The film is making the point that it’s better for us all if we pay attention to our own “wellbeing” and that of other people

**Question 3 to group:** What is “wellbeing” all about – what can we do about it?

**KEY MESSAGE 2:** “Wellbeing” is about

- Looking after our own physical and mental health
- Looking out for the physical and mental health of the people around us

Examples of how we can promote our own wellbeing:

Actions that promote our own wellbeing	Actions that promote wellbeing of others
<ul style="list-style-type: none"> <li>● Getting enough sleep; at least 7 hrs a night</li> <li>● Making healthy eating choices; 5 portions of fruit and veg a day and managing sugar, salt and fat consumption</li> <li>● Staying hydrated; drinking water is best</li> <li>● Taking regular exercise at least 20 -30 minutes of moderate to vigorous exercise 3-5 days per week that raises your hear rate above its resting levels and utilises oxygen.</li> <li>● Quitting smoking</li> <li>● Keeping alcohol consumption down to levels that don’t risk ill health; 3 to 4 units a day for men and 2 to 3 units for women.</li> <li>● Recognising any physical or mental health problems (including signs of alcohol and substance misuse) and getting help, early</li> </ul>	<ul style="list-style-type: none"> <li>● Maintaining a tidy and pleasant workplace - including welfare facilities</li> <li>● Following hygiene recommendations e.g. washing hands after using the toilet and before handing food.</li> <li>● Making reasonable demands of our teams</li> <li>● If someone seems unhappy or out of sorts, having a chat to see if they can be helped</li> <li>● Being sure that colleagues</li> </ul>

<ul style="list-style-type: none"> <li>• Disclosing disability or impairments to our manager or supervisor (e.g. occupational injury, dyslexia, depression &amp; other mental illness) so that they can make reasonable adjustments for us</li> <li>• Being aware of anxiety caused by work and within private life (e.g. relationship breakdown, bereavement, caring responsibilities, money worries) and seeking out ways to manage it</li> <li>• Getting help to improve our reading and writing (e.g. at an adult literacy class, often run in libraries and colleges), if we find that difficult</li> </ul>	<p>really do understand important communications, including safety messages</p>
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<p><b>KEY MESSAGE 3:</b> If you have wellbeing concerns in the workplace:</p> <ul style="list-style-type: none"> <li>• Find support in the workplace – for example, talk to your manager or supervisor</li> <li>• Find support outside the workplace – for example, see a doctor at your own GP clinic or at an NHS Drop-in Centre</li> <li>• <i>[Any sources of support – e.g. corporate employee programmes – that you identified before delivering this Toolbox Talk]</i></li> </ul>
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**Question 4 to group:** Why is wellbeing important on site?


<p><b>KEY MESSAGE 4:</b> Wellbeing is important on site to work better and safer</p>
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**Wrap- Up**

**Question 5 to group:** What’s one thing are we each going to do differently, as a result of thinking about this film?

Examples of commitments include:

- I’ll be more careful about how much alcohol I drink at the weekend
- I’ve been peeing a lot in the night and my missus is worried about my prostate. I’ll see a doctor
- I’ll have a chat with John. He seems really stressed about everything at the moment
- I’ll try to get to bed earlier
- I’m going to find a local adult literacy class

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